

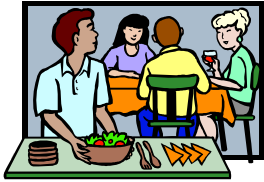
RSVP

A bridge between those who need and those who give

Sponsored by the City of Woodburn



Drivers Needed...



The local Meals-on-Wheels program, which is located at the First Presbyterian Church at the corner of Boones Ferry Road in Woodburn, is a popular place to get a hot lunch. They serve anywhere from 15-30 meals in the dining room Monday through Friday. The dining room is open to people 60 years and older and there is a \$3.00 suggested donation for lunch. Drivers deliver over 100 meals to housebound seniors Monday-Friday. The meal site is in dire need of drivers to meet the demand for home delivered meals. For many of these folks, it is the only nutritious food they may get in the day; the brief contact with the driver the only outside exposure to another human. The time involved is relatively short. Picking up the meals, delivery, and return of the coolers to the meal site can usually be done in a hour or less. Mileage reimbursement is available through the NorthWest Senior and Disability Services, which sponsors the meal site. Many choose to use the mileage as a tax deduction. If you think you would like to volunteer, please call Beth at 503-981-3470 from 8am to 1pm M-F.

Dial-A-Ride is another service offered to house bound seniors and people with disabilities. This valuable service is sponsored through the City of Woodburn using federal grant monies. Volunteers choose how often, how far, and how long they volunteer taking people to necessary medical appointments. Volunteers use their own vehicles, and are eligible for mileage reimbursement. Please call Brenda at Woodburn City Transit office for more information about this very necessary, rewarding volunteer opportunity. Her number is 503-982-5233. You may also call the RSVP office at 503-982-5255, and get more information on the volunteer driving programs.



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News from North Marion Adult Center

3rd Saturday morning **Breakfasts** are back and one will take place on Nov. 20th. Ham, eggs and hot cakes served from 8:30-11am. **Computer User Group** meets the 1st Tuesday of every month. Next meeting 11/02 at 6:30pm. There is a Senior Health Insurance Benefits Advisor (**SHIBA**) in Woodburn who is trained to help people with insurance issues. Call Barbara Campbell at (503)-981-3109 for an appointment.

Please call Beverlee Koutny at 503-981-3613 in the afternoons Monday through Friday if you have questions.



RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.

Sue Speaks Her Mind

Living Well is a chronic disease self-management, six week workshop, which teaches adults how to enhance self-management of existing chronic conditions. There are six, peer-led classes per workshop. The *Living Well* Program is an evidence-based approach to chronic disease self-management which focuses on addressing pain, physical symptoms, emotional stress, depression, fatigue, and many more effects caused by chronic illness. The classes are 2 1/2 hours, once a week, for six weeks. They aim to increase self-efficacy, action planning, problem solving, and communication between individuals and their health care providers. The rationale for *Living Well* Class is that in Oregon, over 61% of adults have at least one chronic condition, which can negatively affect their ability to lead a productive and healthy life. However, chronic conditions can be self-managed if an individual has the tools and knowledge necessary to do so. This is why *Living Well* has been shown to be effective in managing chronic conditions and allowing individuals to gain control of their lives. The *Living Well* six week workshop will be offered in Woodburn at Wellspring, 1475 Mt Hood Ave Nov 8th–Dec 13th, and again starting January 10th from 9:30am–12:00pm. Call 971-983-5212 to register. It is also being offered in Spanish at Salud Medical Center, 1175 Mt Hood Ave. Call 503-982-0635 to register for the Spanish version.



Please Help ...

Volunteers needed: Meals-on-Wheels is always in need of help, kitchen & dining room help and drivers. Monday-Friday meals are delivered. **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

**Butterflies
count not
months but
moments,
and yet
have time
enough.**

Raymond Tagore



Your Name: _____
 Telephone: _____ Location: _____
 Total Hours: _____ Month: _____ 2010
 Project : _____ Supervisor's initials _____



Community Information and Education Page

BINGO, BINGO! Tuesday at the Woodburn Grange Hall. Sponsored by WAASP, benefits Senior programs in the community. Doors open at 12 noon, games start at 12:30.



NORTH MARION ADULT CENTER offers a **FOOT CLINIC** first Wednesday of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the 2nd & 4th Friday of the month. 9am to 12 noon. \$20. Call 503-981-0033.



AARP Driver Safety Program is now located at **North Marion Adult Center**, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn. Classes will be held **Nov. 8th & 9th 1-5 pm** both days. Must call 503-981-3613 to register.



LIBRARY BOOK CLUB Meets the second Thursday of every month at noon. Feel free to bring your own lunch. The Library will provide coffee, cookies, and soda for everyone. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. **NO Book Club meeting in November** due to Thanksgiving. See you December 9th, for **Their Eyes were Watching God** by Zora Neale Hurston.



News From Salemtowne

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303.

AMONG FRIENDS Adult Day Respite Program. Are you caring for a family member or friend with Alzheimer's Disease or related dementia? Who's taking care of you? *Among Friends* Respite Program is now available for you. Take a break on Tuesday, Wednesday, and/or Fridays and do something for yourself. Respite care is temporary, short-term care for an individual with special needs. For information contact Evelyn Ostermann, Respite Coordinator, at Center 50+ 503-588-6303.

Center 50+ presents **Faces of Hospice Art** Exhibit: A Look into the Heart of Hospice Care. Featuring a presentation from **Willamette Valley Hospice** regarding their new adult care home. Meet & Greet begins at 5:30pm on Thursday Nov. 4. Wine & Hors d' oeuvres. Stop by Center 50+ to sip and chat and learn how you too can contribute to Willamette Valley Hospice.

AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

ANNIVERSARY It's been 15 years since the pool opened its doors. Come to the celebration on **Nov. 5th from 6 to 8:30pm**, all guests swim for \$1.50

Lap Swim & Adult Swim: Monday-Friday 5:30am-4pm & 6-8:30pm Saturday & Sunday 1-5pm (2 lanes open)

ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:15 am

HIP FLEXIBILITY Fridays 9-10 am

DEEP WATER FITNESS Mon & Weds & Fri 8-9 am

DEEP WATER FITNESS M/W/F 8-9 AM **WATER WELLNESS** M/W/F 9:15-10:15am Tue/Thu 8-9am Also Mon-Thu 6-6:55 pm

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at AWARE, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503-390-7441

PANCAKE Breakfast Saturday Nov. 6th, 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **Dance** Every Friday 9 am. Theme Dance Oct 29th HALLOWEEN. **Foot Clinic:** Thur. Oct. 14th & 21st by appt. 503-390-7441. **AARP Driving Class** Nov. 2nd & 4th 12-4pm. Call to register 503-390-7441. **Nov 12th DANCE** honoring all **Veterans** wear your uniform!! Dance starts at 9am. Many activities during the week, call center for details 503-390-7441.

SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

Daily lunch program by Northwest Senior & Disability Services. **Lunch** served at noon, Monday-Friday. All seniors 60 years and older. Suggested donation of \$2.75. Volunteers always needed. **Foot Clinic**, every Friday, appt needed 9am.





Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503-982-5255
Fax: 503-980-2448
Email:
rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:



A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks

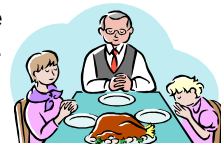
WHAT'S HAPPENING

Out & About is your guide for fall activities. Look for an exciting list of trips for active adults. **All trips leave from Settlemier Park parking lot.** Register for the trips at the Aquatic Center or call 503-981-7946.

PORTLAND City GRILL—The 30th floor of the US Bank Building Downtown Portland. . We will have a private room with a Pacific Northwest Style buffet. Some highlights include cedar plank salmon, pan seared beef tenderloin tips, salad, and desert. This experience is like no other so come join us for lunch. **Wednesday, Nov. 17th at 10:30am–2pm.** \$15 includes transportation only—lunch cost is \$36 and will be on your own.

WHO'S on THIRD CONCERT DATE DIFFERENT November 21st. Concert will feature the return of *The Occasional Quartet* and Howie Harkema from the McMinnville area. Howie is a former professional Country/Western performer. This concert will be a benefit for the AWARE food bank here in Woodburn. Non-perishable food and money will be collected in the freewill offering. To help provide food for hungry families here in Woodburn. **WHO'S on THIRD** concerts take place at UMC Church at 700 N. Cascade Dr.

2nd Annual Community Thanksgiving Dinner NOV 25th 11:30am & 1:30pm. Soul's Harbor Church of the Nazarene 3601 Newberg Hwy, Woodburn. Transportation available. Please call Pastor Roberson at 503-981-9070.



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270 Montgomery Street
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Marion County Retired & Senior Volunteer Program

